

## Product Profile

### ECHINACEA • GOLDENSEAL COMPOUND

#### Colds & Flu Remedy

A blend of the liquid extracts of:

* <b>Echinacea root</b> ( <i>Echinacea purpurea</i> )	12%
• <b>Goldenseal rhizome &amp; roots</b> ( <i>Hydrastis canadensis</i> )	12%
• <b>Osha root</b> ( <i>Ligusticum porteri</i> )	12%
* <b>Spilanthes flowering herb</b> ( <i>Spilanthes acmella</i> )	12%
• <b>Yerba Santa leaf</b> ( <i>Eriodictyon californicum</i> )	12%
• <b>Horseradish root</b> ( <i>Armoracia rusticana</i> )	12%
* <b>Wild Indigo root</b> ( <i>Baptisia tinctoria</i> )	10%
• <b>Elderberry fruit</b> ( <i>Sambucus nigra</i> )	6%
• <b>Yarrow flower</b> ( <i>Achillea millefolium</i> )	6%
• <b>Ginger rhizome</b> ( <i>Zingiber officinale</i> )	6%

\* Fresh • Dried

**Actions & Uses:** For the treatment of **colds** and **flu**—especially when aggravated by congestive nasal and respiratory symptoms. Can also be used as a strengthening, preventative tonic for those who catch colds and flu easily.

**Dose: Acute:** Three to five times per day, take 30 to 40 drops in water or Diaphoretic Tea. If this treatment is started at the very first sign of symptoms, the cold or flu can usually be aborted within 12 to 24 hours. In persistent cases, adding 30 to 40 drops of ECHINACEA EXTRACT to the above doses is often helpful. **Preventative Tonic:** Take 30 to 40 drops in water, three times per day; especially indicated during the change of seasons or anytime an impending flu or cold is suspected.

**Adjunct Therapy:** DIAPHORETIC (“SWEATING”) TEA: Made with equal parts Elder flowers, Yarrow flowers, and Peppermint leaves. Pour 16 ounces of boiling water over 2 heaping tablespoons of tea blend, cover and let steep for 20 minutes; strain, and drink while still hot. **Note:** Keep body and feet warm and covered, and do not go out into the cold for at least one hour after drinking this tea.

**Cautions:** Sometimes colds and flu can turn into pneumonia, strep throat, ear infections, or other serious complications — be on the lookout for this. In cases of high or persistent fever or other serious symptoms, promptly seek qualified healthcare.



Excerpted from the [Therapeutic Herb Manual](#) by Ed Smith. The [Therapeutic Herb Manual](#) is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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